

# THANK YOU FOR CHOOSING OUR PRACTICE FOR YOUR UPCOMING COSMETIC TREATMENT!

We are excited to help you achieve your aesthetic goals and enhance your natural beauty. To ensure you have the best experience possible, we'd like to share some important dos and don'ts to follow before and after your treatment.

## PRE-TREATMENT

- o Avoid alcohol at least 24 hours prior to treatment.
- o You may exercise prior to your treatment. No exercising for 24 hours after treatment.
- o Avoid NSAIDs (i.e., Aspirin, Ibuprofen, Motrin, Advil, Aleve, Vioxx), Vitamin E, Gingo Biloba, and St. John's Wort for 2 weeks before treatment.
- o We recommend scheduling your treatment at least 2 weeks prior to a special event.

## POST-TREATMENT

- o Sit upright for 4 hours following treatment.
- o Avoid heavy lifting, straining, or vigorous exercise for 24 hours following treatment.
- o Avoid alcohol for 24 hours after treatment.
- o Avoid manipulation of the area for 4 hours following treatment.
- o Avoid skin treatments like facials, micro-dermabrasion, fillers, or peels for 3 days after treatment.
- o Avoid headwear wear (i.e., a hat, helmet, or headband) for 3 days.
- o Avoid makeup for 24 hours.
- o Avoid activities that may elevate your body temperature for 24 hours such as hot tub, red light therapy, sauna, or tanning bed.
- o Avoid Glycolic acid, Kinerase, Retin-A, and Vitamin C for 24 hours to the treated areas.
- o Bruising is common and should disappear in 2 weeks.
- o It can take 7-10 days to see full results.
- o Schedule a recheck for 10-14 days after your treatment.
- o Re-treatment is typically needed between 2-6 months.
- o If you experience fever, trouble swallowing, breathing, or speaking contact your provider immediately at 304-598-3301.

